

CHRONIC DISEASE CONNECTION

*IMPROVING MARYLAND'S HEALTH BY
PREVENTING AND CONTROLLING CHRONIC DISEASE*

Spotlight on Cognitive Health

[Fast Facts on Cognitive Decline](#) (Infographic pdf)

[A Closer Look at Caregivers](#) (Infographic pdf)

Cognitive Health Webinar
[Recorded June 20, 2017](#)

News

[Billion Step Challenge](#)
Launch Event!
[Saturday, July 29, 2017](#)
Baltimore, MD

National DPP
Coach Training
September 6 & 7
[\(Hanover, MD\)](#)
November 7 & 8
[\(Frederick, MD\)](#)

[Walk Maryland Day!](#)
October 4, 2017

Center Resources

[BeHealthyMaryland.org](#)

[Disability In Public Health](#)

[Diabetes Resources](#)

[Healthiest Maryland Businesses](#)

New State Advisory Council on Health and Wellness

Apply now through August 1!

Applications for the new [State Advisory Council on Health and Wellness](#) are being accepted through August 1, 2017. The Council has 18 seats for members from the general public, including licensed healthcare providers, representatives of health insurers, representatives of the business sector as well as individuals with an interest in chronic disease, health and wellness, or physical fitness. The new Council takes effect October 1, 2017. [Apply here!](#)

Healthiest Maryland Businesses Honored for Wellness Achievements

Awardees recognized at the 8th Annual Workplace Health and Wellness Symposium.



On June 2, Dr. Howard Haft, Interim Director, Maryland Health Benefit Exchange, congratulated the 2017 Wellness at Work awardees. Fifty-six Maryland employers were recognized for their accomplishments in worksite wellness promotion. The Wellness at Work Awards are sponsored by [Healthiest Maryland Businesses](#), the State's initiative to support and promote healthy workplaces. A complete list of recognized businesses can be found [here](#).

3rd Annual Walk Maryland Day

Excitement is building for October 4, 2017!

Contact Us!

[Center Staff](#)

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Walk Maryland Day is a celebration of our official state exercise, walking! Walk Maryland Day is a call to action to promote awareness about regular walking for physical activity and improved health, engaging Marylanders with fun walks of all size and shape on October 4. Last year, more than 500 individuals and 100 schools participated. This year we're aiming for even more participation AND for all 24 Maryland jurisdictions to have at least one walk.

[Learn more and plan your walk! #WalkMD.](#)

Diabetes Prevention Program Coach Training

*September 6 and 7 in Hanover, MD
November 7 and 8 in Frederick, MD*

The CDC National Diabetes Prevention Program (National DPP) is an evidence-based lifestyle change program for preventing type 2 diabetes. The Center provides no-cost lifestyle coach training for Maryland CDC-recognized organizations. To participate, you must be affiliated with an organization that has applied for the Diabetes Prevention Recognition Program. Apply for the September 6 and 7 training in [Hanover, MD](#) or November 7 and 8 training in [Frederick, MD](#).

Disability and Diabetes

Data suggest having a disability increases the risks of diabetes and prediabetes

Condition	Adults with Disabilities	Adults without Disabilities
Diabetes	22.0%	7.7%
Prediabetes	17.8%	9.0%

Did you know adults with disabilities report such chronic health conditions as diabetes significantly more than adults without disabilities? Years 2014 and 2015 data from the Behavioral Risk Factor Surveillance System indicate adults with disabilities report three times the rate of diabetes and twice the rate of prediabetes compared with adults without disabilities. The Disability Awareness and Support Program, funded by the CDC, is working to address these health disparities by providing training and technical assistance to build public health workforce

competencies on matters of disability. Learn more about how you can promote disabilities inclusion [here](#).

Center for Chronic Disease Prevention and Control
410-767-5780 | mdh.chronicdiseaseinfo@maryland.gov
201 W. Preston St, Room 306, Baltimore, MD 21201

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